



Hot Mustard Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



5 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons mustard dry
- ☐ 1.5 teaspoons rice vinegar
- ☐ 64 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons water

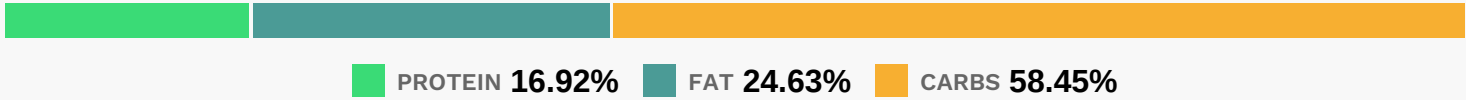
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small bowl, and stir with a wire whisk until blended.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:0.78, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.52826086812369%

Nutrients (% of daily need)

Calories: 4.93kcal (0.25%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 9.17mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Manganese: 0.08mg (3.76%), Selenium: 1.19µg (1.7%), Fiber: 0.27g (1.06%)